



Bödefelder Hollenlauf / Hollenmarsch

Bödefeld / 14.05.2011

Detailed evaluation

Paczkowski, Dirk

Club: speedteam alzenau e. V.

Number: 639

Course: 101.00 km

101 km Lauf

Category:

Männer M50

Total time: 13:05:36

Speed: 7.71 km/h

Running performance: 7:47 min/km

Rank in course/Total: 49 (of 59)

Rank in course/Men: 44 (of 52)

Best time in course: 8:09:44

Rank in category: 13(of 13)

Best time in the category: 8:57:44

Intermediate times

Stage score

Total ranking

Control	Split km	Split Time	Split min/km	Pos Cat.	Behind Cat.	Stage score		Total ranking						
						Pos Men	Behind Men	Total km	Total Time	Total min/km	Pos Cat.	Behind Cat.	Pos Men	Behind Men
Nasse Wiese	19.50	2:14:04	6:52	10	34:34	40	45:22	19.50	2:14:04	6:52	13	34:34	18	4:29
Kühude	20.50	2:18:00	6:43	10	34:51	33	44:56	40.00	4:32:04	6:48	13	1:09:25	18	
Rhein-Weser-Tur	17.00	2:02:51	7:13	9	34:31	31	41:49	57.00	6:34:55	6:55	13	1:43:56	18	
Kühude	17.00	2:10:28	7:40	8	38:38	27	42:39	74.00	8:45:23	7:05	13	2:22:34	18	
Nasse Wiese	20.50	3:14:44	9:29	13	1:12:10	49	1:23:41	94.50	12:00:07	7:37	13	3:34:44	18	
Finish	6.50	1:05:29	10:04	13	33:08	52	37:25	101.00	13:05:36	7:46	13	4:07:52	44	4:55:52